

Food Diary

Date: 01-01-2013

Goals: Weight - 80kgs Waist - 80 cm

Food:

Time	Food Description	Portion	Mood	Thoughts
6.30am	Natural Muesli w/Milk	1 bowl	Good	Very satisfied
	Apple Juice	1 glass	"	"
9.00am	Water	1 glass	-	-
10.30am	Yoghurt	250ml	Happy	Feeling healthy
	Chocolate Biscuits	2	Very Happy	Didn't need these.
	Cup of tea	1 cup	"	-
11.15am	Water	1 glass	-	-
12.30pm	Turkey/Salad Sandwich	1	Flat	Tasted Great
	Diet Coke	1 can	"	Needed a sugar fix
1.30pm	Water	1 glass	-	-
2.30pm	Mandarin	1	Good	-
6.00pm	Grilled Chicken breast	1 small	Tired	-
	Mixed vegetables	1 cup	"	-
	Bread	1 slice	"	Didn't need this
	Wine	2 glasses	"	Nice drop!
9.00pm	Hot Chocolate	1 cup	Good	This'll help me sleep

Sample Food Diary Layout

**Benjamin Giona Woods , Willie Morris
Steele**

Sample Food Diary Layout:

Decoding **Sample Food Diary Layout**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Sample Food Diary Layout**," a mesmerizing literary creation penned with a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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